



December 2022 Low Lactose Menu

SCES 617-628-2601, www.eldercare.org

Suggested, voluntary donation of \$2.00 per meal.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
sodium mg	sodium mg	sodium mg	sodium mg	sodium mg
<p>Missed Meal Policy If you miss your meal, we will call you, your emergency contacts, doctor, and hospital to find out if you are okay. If we still cannot locate you, we will request the police department to come to your home to do a safety check</p>			<p>1 *BBQ Pork Sandwich 510 Baked Beans 140 Carrots 32 Hamburger Bun 230 Fruit 0</p> <p>Calories: 751 Sodium: 1067mg</p>	<p>2 Harvest Chicken with 356 Apple Chutney Butternut Squash 25 Broccoli 6 Wheat Roll 135 Cookies 150</p> <p>Calories: 690 Sodium: 827 mg</p>
<p>5 *Pork Sausage Cacciatore 709 Pasta 0 Mixed Vegetables 17 Wheat Roll 135 Fruit 0</p> <p>Calories: 770 Sodium: 1016 mg</p>	<p>6 BBQ Chicken Drumstick 390 Sweet Potatoes 37 Beets and Greens 73 Cornbread 90 Fruit 0</p> <p>Calories: 746 Sodium: 745 mg</p>	<p>7 American Chop Suey 235 Mixed Vegetables 18 Garlic Toast 350 Cinnamon Peaches 10</p> <p>Calories: 758 Sodium: 768mg</p>	<p>8 Teriyaki Salmon Burger 230 Coconut Curry Fried Rice 24 Carrots 32 Hamburger Roll 230 Cookie 105</p> <p>Calories: 692 Sodium: 776 mg</p>	<p>9 *Pot Roast & Gravy 555 Red Skin Mashed Potatoes 267 Green Beans 6 Wheat Roll 135 Fruit 0</p> <p>Calories: 686 Sodium: 1118 mg</p>
<p>12 Rosemary Garlic Chicken 425 White Rice 25 Tuscan Vegetables 31 Cornbread 90 Fruit 0</p> <p>Calories: 802 Sodium: 726 mg</p>	<p>13 Breaded Fish 260 Sweet Potato Wedges 200 Brussel Sprouts 23 Wheat roll 135 Fruit 0</p> <p>Calories: 685 Sodium: 773 mg</p>	<p>14 Chicken Fajita Bowl 65 Mexican Rice 31 Corn 6 Wheat Bread 135 Fruit 0</p> <p>Calories: 678 Sodium: 392 mg</p>	<p>15 Beef Wellington 210 Mashed Potatoes 215 Green Beans & Red Pepper 6 Wheat Roll 135 Cookies 150</p> <p>Calories: 820 Sodium: 871 mg</p>	<p>16 Roasted Pork with 445 Apricot Compote White Rice 25 Carrots 32 Cornbread 90 Cinnamon Pears 10</p> <p>Calories: 728 Sodium: 757 mg</p>
<p>19 Meatloaf & Gravy 310 Mashed Potatoes 113 Mixed Vegetables 18 Cornbread 90 Fruit 0</p> <p>Calories: 768 Sodium: 686 mg</p>	<p>20 Chicken Noodle Casserole 85 Vegetable Medley 18 Biscuit 310 Fruit 0</p> <p>Calories: 972 Sodium: 573 mg</p>	<p>21 Salisbury Steak w/Gravy 270 Roasted Potatoes 152 Brussel Sprouts 23 Wheat Roll 135 Fruit 0</p> <p>Calories: 805 Sodium: 735 mg</p>	<p>22 Holiday Special *Baked Ham Raisin Sauce 615 Red Skin Mashed Potatoes 267 Carrots 32 Wheat Roll 135 Brownie 115</p> <p>High Sodium Meal</p> <p>Calories: 775 Sodium: 1319 mg</p>	<p>23 Pasta with Chicken and 120 Butternut Squash & 5 Mushrooms Green Beans & Peppers 6 Wheat Roll 135 Fruit 0</p> <p>Calories: 678 Sodium: 421mg</p>
<p>26 Holiday Observed No Meal Delivery</p>	<p>27 *Hot Dog on 540 Roll 300 Baked Beans 140 Cole Slaw 75 Fruit/Ketchup 0/85</p> <p>High Sodium Meal</p> <p>Calories: 897 Sodium: 1295 mg</p>	<p>28 Lemon Herb Baked Fish 300 Mashed Potatoes 113 Kale & Peppers 14 Wheat Roll 135 Fruit 0</p> <p>Calories: 700 Sodium: 717 mg</p>	<p>29 Pork Marsala with 430 Mushrooms Egg Noodles 267 Mix Vegetables 17 Cornbread 0 Fruit</p> <p>Calories: 740 Sodium: 959 mg</p>	<p>30 New Year Special Oven "Fried" Chicken 150 Black Eyed Peas 60 Carrots 32 Wheat Roll 135 Cookie 105</p> <p>Calories: 705 Sodium: 637 mg</p>

Please cancel a meal reservation by 11:00 am the business day before to help prevent food waste and cost, call Nutrition at 617-628-2601.

If meals are cancelled due to severe weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.

Menu subject to change without notice. See back of menu for more information.



Nutrition Tips for Healthy Living! December 2022

Nutrition Tips to Help Reduce Triglyceride Levels



An Exciting New Look for Meals on Wheels

Somerville-Cambridge Elder Services (SCES) is thrilled to announce an exciting new look for Meals on Wheels.

Starting in October, catering for SCES Meals on Wheels will be provided by City Fresh Foods, a Boston-based vendor that provides 2 million meals annually for schools, childcare, and older adult services across the Greater Boston Area.

City Fresh specializes in great tasting and nutritious food, made from ingredients you can pronounce. They have provided Caribbean, Portuguese, vegetarian, and allergen-free dining options for SCES Meals on Wheels since 2016, and we are very excited to expand this partnership.

We hope that you will enjoy what City Fresh has to offer and will provide a questionnaire for feedback in December. If you have immediate feedback or concerns, call 617 628 2601 and ask for the Dietitian or Nutrition Director.

Meal Heating Instructions

Chilled Meal Heating Instructions:

- Keep meals refrigerator until ready to eat.
- **Do NOT use toaster oven to reheat home delivered meals.**
- **Conventional Oven** – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.
- **Microwave** - Peel back plastic film to vent steam, reheat for 2 to 3 minutes. Stir for even cooking. Microwave oven times will vary.
- Reheat meals until reaches internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard refrigerated meal within 48 hours.

Menu Nutrition Guidelines:

Meals provide one-third the daily recommended dietary allowance.

- ✓ Regular, no added salt (NAS) menu.
- ✓ Calories range 700-800 calories per meal.
- ✓ Total fat content no more than 30%/Cals.
- ✓ Total Calories and Sodium for each meal is provided on menu.
- ✓ Meals are “No Added Salt” regular menus.
- ✓ Meals do not exceed 1200mg sodium per meal, unless noted.
- ✓ Entrée over 500mg sodium marked with asterisk (*), high sodium meals marked.
- ✓ Sodium totals include milk, crackers, and condiments where applicable.

For menu options and nutrition information visit www.eldercare.org

Purchase Ensure® from SCES

Ensure® \$29.00/case of 24 drinks
Ensure® Plus \$31.00/case of 24 drinks
Glucerna Diabetic \$40.00/case of 24
Flavor Options: Strawberry, Vanilla, Chocolate
Call Age Info Dept at 617-628-2601
Delivery options are available

Nutrition Tips to Help Reduce Triglyceride Levels

(Source: from the National Lipid Association; www.lipid.org)

What are Triglycerides (TG)? They are a type of fat in your blood. Elevated levels increase the risk of heart disease, stroke, and pancreatitis.

Blood levels of TG (mg/dL):

- Normal– less than 150
- Borderline High– 150-199
- High Risk Levels – 200-499
- Very High-Risk Levels – more than 500



Helpful Tips to Help Lower Triglyceride Levels:

1. Limit foods high in added sugars.
 - Limit sweets like cookies, cakes, ice cream, candy, chocolate, pies, cookies, pastries.
 - Avoid sugary drinks like regular soda, fruit juice, lemonade, coffee drinks, shakes, energy drinks, alcohol.
 - Limit fruit juice to only ½ cup per day.
 - Choose whole pieces of fruit instead with meals and snacks. They are a source of natural sugar, high in fiber and vitamins and minerals.
 - Recommendation is to limit added sugar to no more than: 6 teaspoons/day for women; and 9 teaspoons for men a day.

How many teaspoons of sugar are in that drink?

- 13 oz Coffee Frappuccino – 12 teaspoons
- 12 oz Can of regular soda – 10-11 teaspoons
- 12 oz Fruit smoothie – 9-10 teaspoons
- 12 oz Juice – 8-10 teaspoons
- ½ cup of Ice cream – 7 teaspoons



2. Aim for a healthy weight if overweight. Even a small amount of weight loss like 7-10% may help lower TG levels. Include regular exercise to your ability and level, general recommendation is 30 minutes most days of the week.
3. Limit starchy, high carbohydrate foods. Like white breads, pasta, rice, cereals, crackers, cookies, chips. Keep portions small of these foods and choose whole grain high fiber versions like whole wheat bread and pasta, and brown rice.
4. Seek formal consultation from your healthcare provider and registered dietitian for additional information and treatment plan for high triglycerides.